

**I am 4 years old...  
Tell me about AIDS...**

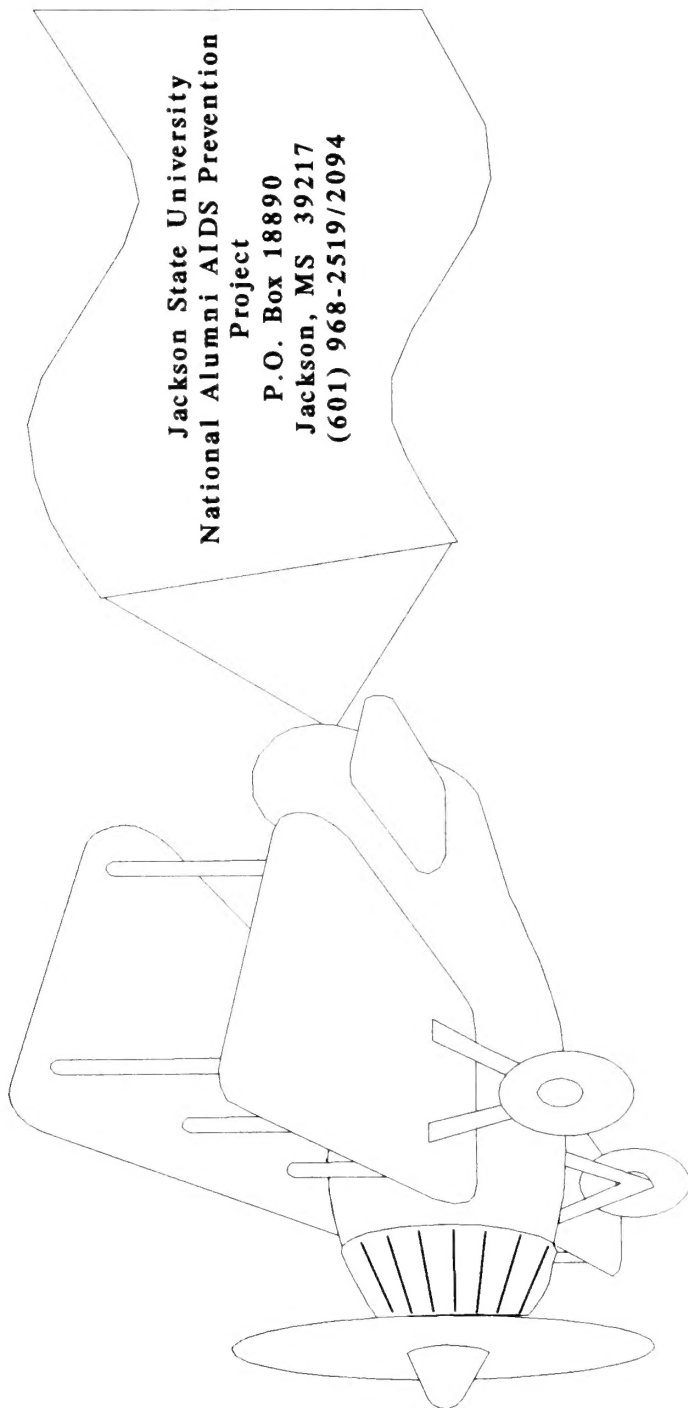
**OFFICE OF MINORITY HEALTH**  
Resource Center  
Call Toll-Free  
1-800-444-6472

developed by

**Jackson State University  
National Alumni AIDS Prevention Project  
Veronica Hartwell and Peter Gaddis, Jr., Authors**

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Jackson State University  
National Alumni AIDS Prevention  
Project

P.O. Box 18890  
Jackson, MS 39217  
(601) 968-2519/2094

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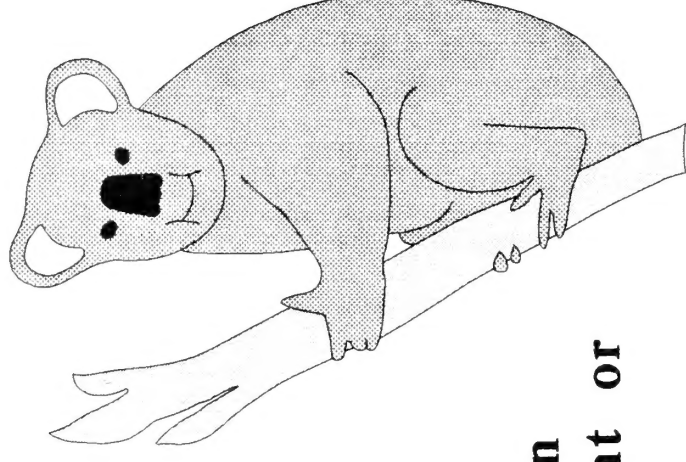
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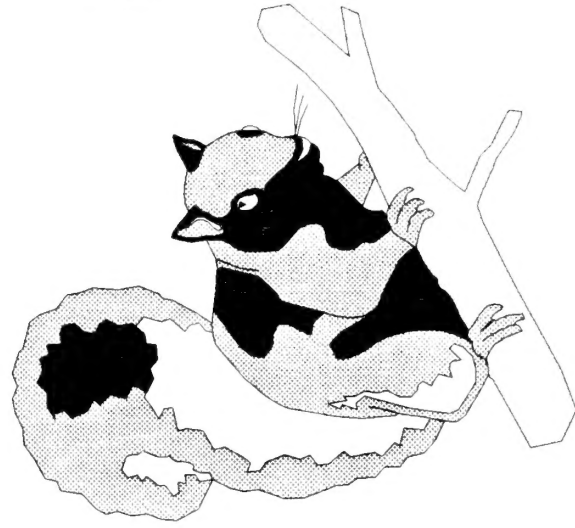
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## Hello There!

This booklet, "I am 4 years old... Tell me about AIDS," is divided into 3 sections. Section 1 provides the teacher, parent, or provider instructions on how to use the information in the booklet. Section 2 provides a quick update on HIV and AIDS so the teacher, parent or provider can be prepared for the questions the kids surely will ask. Section 3 outlines the information so you can talk to the kids. So, are you ready?

**Relax... This will be fun.**

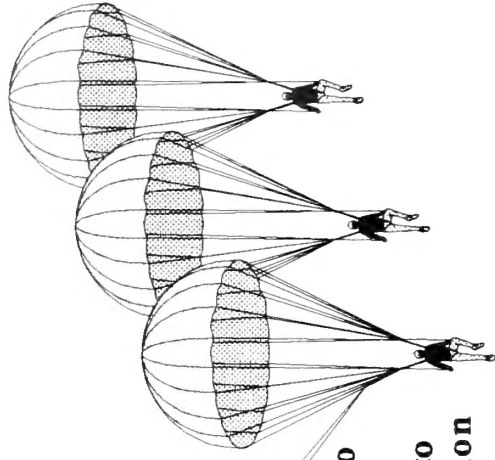




# SECTION 1

**Come on,  
It's Easy**

# Some easy instructions



Teachers, parents, or providers - remember that all learning is done in small, frequent doses. Don't try to get through this booklet or teach everything that is in it in one sitting. The kids will not listen. DO try to use 5 to 10 minutes a day to talk about the information in the booklet.

Teachers, parents, or providers, your section can be completed in 5 minutes.

Section 3 will take much longer. In fact, if your kids are really good listeners, you can complete section 3 in 5 days providing you cover 4 pages daily and spend an average 10 minutes per session. It may take some classes longer. Here's how to use the booklet -

administer the booklet's pre-test. The pre and post tests are located in the back of the booklet. Read each question and answer aloud. Ask the kids to raise their hands if they know the answer. Count the number of kids who raise their hand for each response and write the number down.

2

open the booklet and began talking, using the information outlined in section 3. Do not spend more than 10 minutes a day. However, if you feel that your kids are really attentive - Go for it.

3

after you have completed section 3, review it with the kids.

4

administer the post test using the same instructions that were used to administer the pre test.

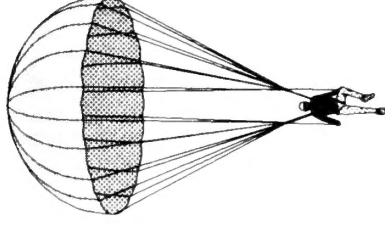
5

send all completed pre and post tests to the National Alumni AIDS Prevention Project  
Jackson State University  
P.O. Box 18890  
Jackson, MS 39217

6

Recommendation - The booklet is designed to enhance the kids knowledge. Therefore, use the large items on the pages to teach counting, colors, animals, and objects.

**BE CREATIVE AND HAVE A TON OF FUN....**

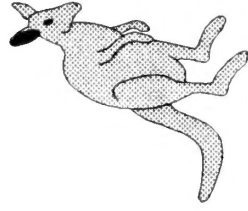


## SECTION 2

**What do you  
know about  
HIV & AIDS?**







## A brief update for Teachers, Parents & Providers

### 1. What causes AIDS?

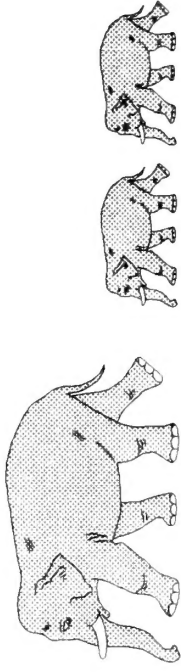
AIDS is caused by a virus called Human Immunodeficiency Virus (HIV). The virus breaks down the body's immune system, leaving the person defenseless against life threatening illnesses. HIV infection is the first stage of the AIDS disease. Most HIV infected individuals have no symptoms at all. They look, act, and feel well.

### 2. How is HIV transmitted?

HIV is transmitted from an infected person to another through direct exposure to their: semen, vaginal secretions, and blood products.

### 3. What are the symptoms of AIDS?

- \*Unexplained, persistent fatigue.
- \*Unexplained fever, shaking chills or drenching night sweats lasting longer than several weeks.
- \*Unexplained weight loss greater than 10 pounds.
- \*Swollen glands (enlarged lymph nodes usually in the neck, armpits or groin) which are otherwise unexplained and last more than two months.



\*Pink to purple flat or raised blotches or bumps occurring on or under the skin, inside the mouth, nose, eyelids or rectum. Initially, they may resemble bruises but do not disappear. They are usually harder than the skin around them.

#### 4. Ways HIV cannot be spread

- \*Sitting next to someone with HIV.
- \*Hugging someone with HIV.
- \*Sharing eating utensils or glasses of someone with HIV.
- \*Swimming in the same pool with someone with HIV.
- \*An HIV infected person sneezing, coughing, or spitting on someone.

#### 5. There is no cure for AIDS. At the present time, there are no tests designed to look for HIV, the virus that causes AIDS. The blood tests that are used (Elisa and Western Blot), look for the antibodies that have been developed by the body's immune system to fight off the invasion of HIV.



## 6. Ways to prevent contracting HIV

- \*Abstinence - not having any sexual contact with a man or woman.
- \*Monogamy - means having sex with your wife or husband only and no one else.
- \*Practice safer sex - means you should use a condom and spermicides with nonoxynol-9, if you are not in a faithful single partner relationship.
- \*Don't share needles and other drugs with sex - when mixing alcohol and other illicit drugs i.e., heroin, cocaine, and PCP, with sexual activity, the drugs may impair a your judgment on whether you care about who you are sexually involved with.
- \*Don't share needles - means that you should not share needles when using any illicit drugs, steroids, tattooing, or ear piercing.

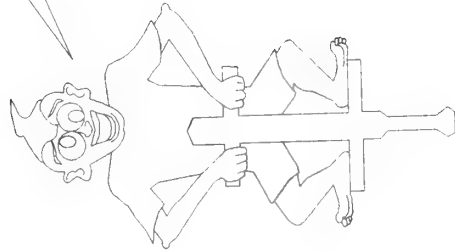


**COMMUNICATE WITH YOUR PARTNER AND ASK ABOUT THEIR PAST.**

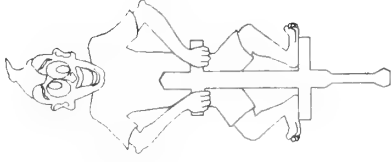


**You can talk  
to kids about  
HIV & AIDS**

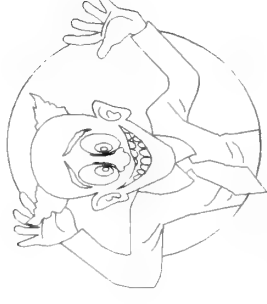
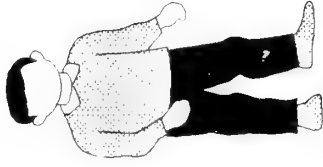
**HEY KIDS...  
THIS IS A STORY  
ABOUT A MONSTER AND  
ME (PETER THE EDUCATOR).  
SHOUT AND JUMP UP  
AND DOWN WHEN YOU  
SEE THE MONSTER, OK!**



# Characters



**Peter the Educator**

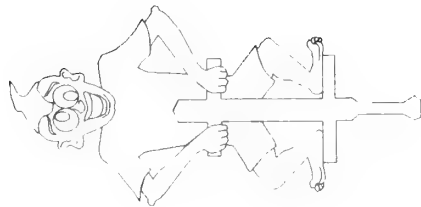


**AIDS Monster**

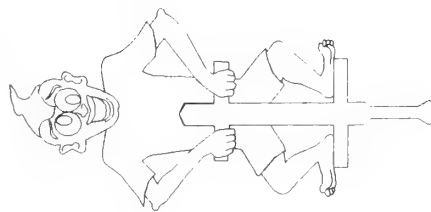
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**Students Name Here**

**Hey Kids.. Have  
you ever heard  
grown-ups talking  
about AIDS?**



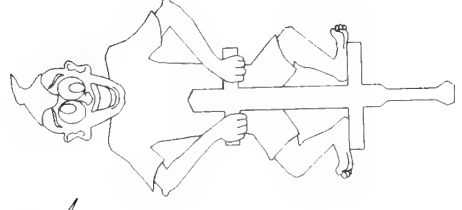
**Do you want  
to know about  
AIDS?**



2



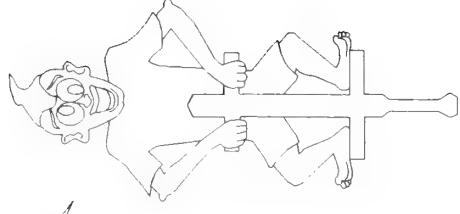
**AIDS is caused by a  
virus named HIV  
(Human Immuno-  
Deficiency Virus).**



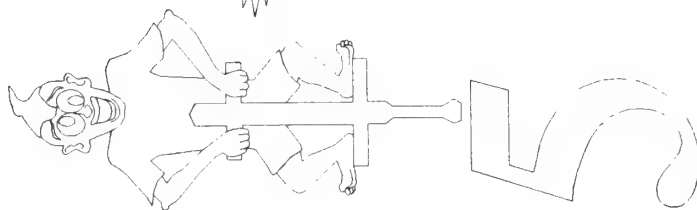
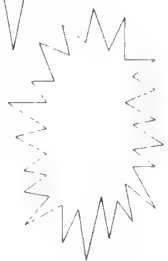
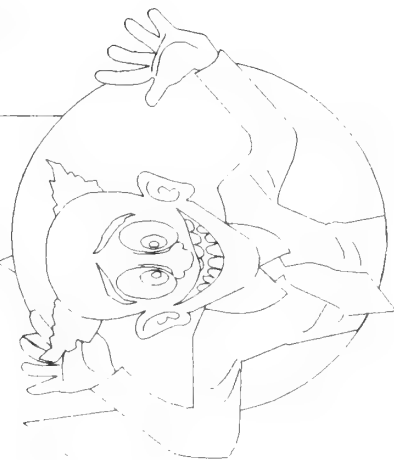
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**Some virus' can make  
you sick. But the HIV  
virus can make you  
very very sick.**

4

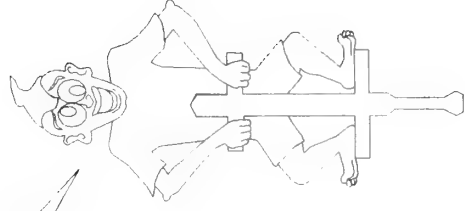
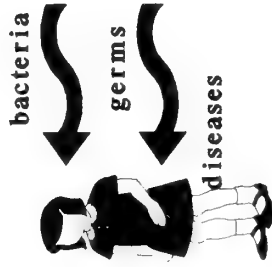


**HIV causes  
the AIDS  
Monster.**




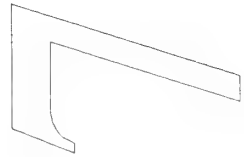
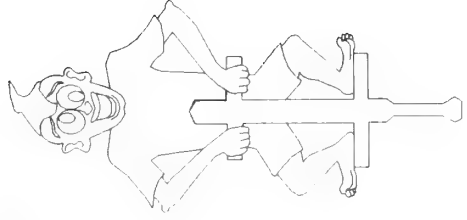
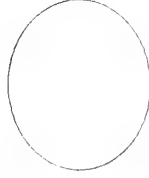
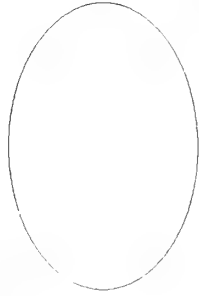


**The** can make  
the body too weak to  
fight off diseases.

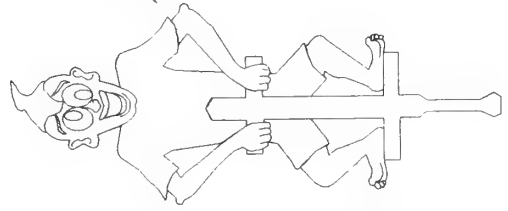


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Once the body is  
attacked by the  
, the girl or boy,  
man or woman may  
die.



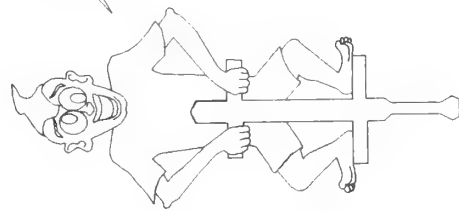
**Some people are  
young when the  
attacks. But they  
do not know it until  
they are grown up and  
sick with the .**



8



**The travels  
from one person  
to another  
through sex  
and other body fluids.**



9

**How do you know if you  
have been attacked by the  
You may...**

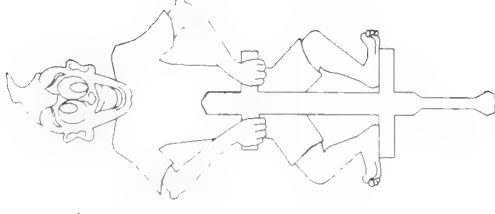
**?**



**be tired**

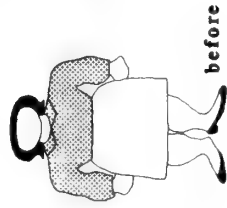


**have swollen glands  
in your neck**

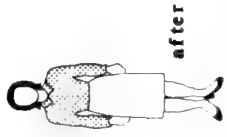


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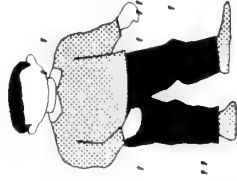
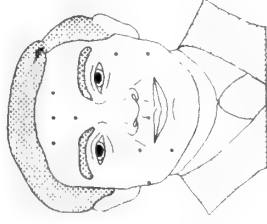




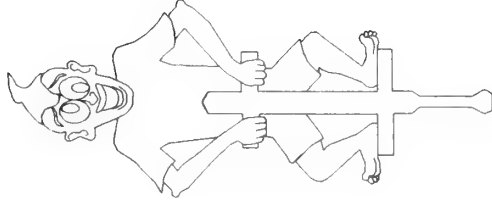
**have lost weight**



**have spots on your skin**

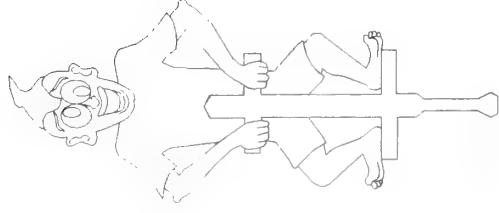


**sweat and have fever**



11

1 2

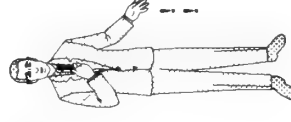


have unexplained bleeding

? ?



have dry cough



experience forgetfulness

**Kids.. you cannot be attacked by  
the if you:**



**sit next to someone**



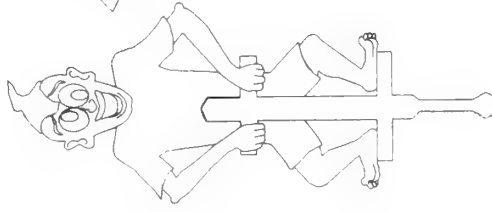
**hug someone**



**hold and shake hands**

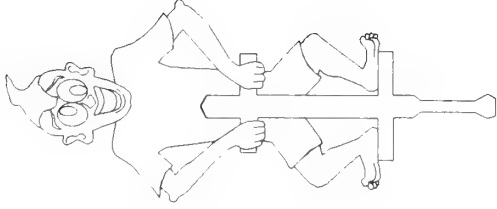
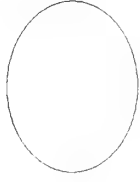
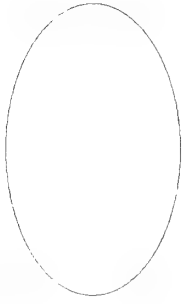


**accept served food**




13

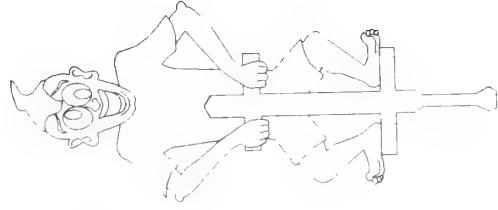
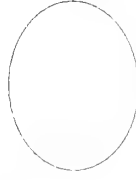
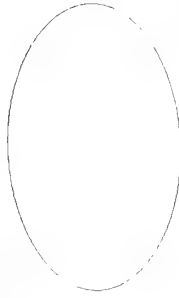
**There is no cure  
for the .**



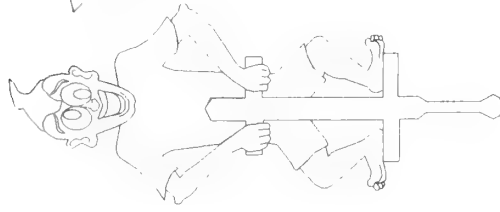
14

**So....**

**Do not use drugs.  
Do not have sex, and  
the  will not  
attack you.**



15

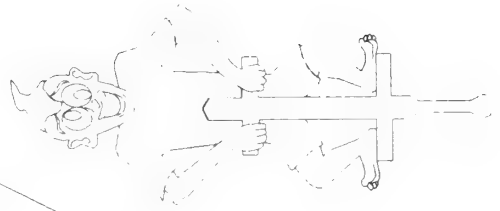


**Remember to tell your  
mom, dad, sisters, and brothers  
not to have sex with a lot of  
people and not to use drugs,  
because if they do, the  
could attack them.**



**may make them very  
very sick and they  
may die.**

**Kids..**  
**Ask your teacher to**  
**tell you more about**  
**the .**



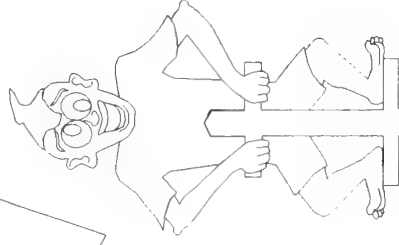
17

**Stay safe and healthy  
and help me tell more  
kids and grown ups about  
the .**



**Help me pounce it  
out.**

18

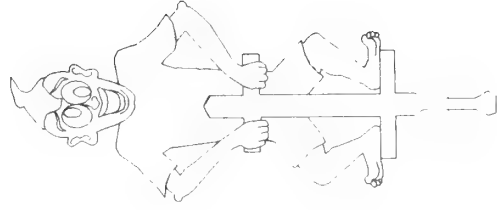
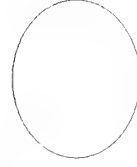
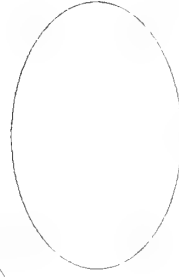


**ouch!**

**ouch!**



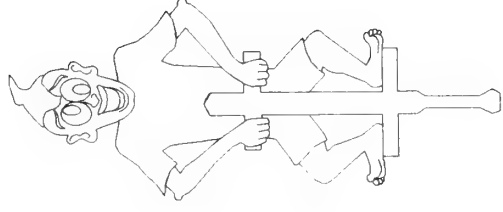
**Good-bye  
Kids..**

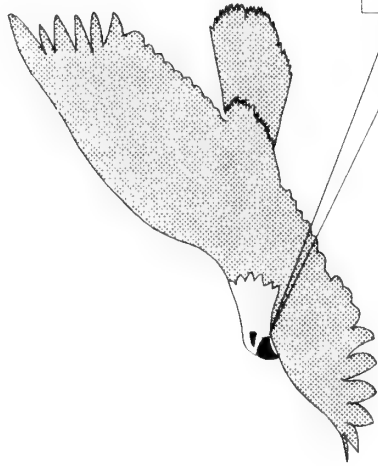


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**THE  
END**

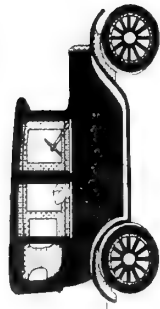
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**The pre and post tests  
are on the next  
page.**

# Pre Test Questions



The following questions are designed to assess the students' knowledge about AIDS before you talk with them about the AIDS monster. Please identify the most effective way to get the kids to respond to the questions.

1. Have you ever heard about AIDS?  
 Yes ---  
 No ---
2. What causes AIDS?  
 a. Hugging ---  
 b. Shaking Hands ---  
 c. Playing Together ---  
 d. A Virus ---
3. Does the virus make you sick?  
 Yes ---  
 No ---
4. Is there a cure for AIDS?  
 Yes ---  
 No ---
5. Can a girl or boy die if AIDS attacks the body?  
 Yes ---  
 No ---
6. Is AIDS spread by using drugs and having sex?  
 Yes ---  
 No ---
7. Does AIDS make the body too weak to fight off diseases?  
 Yes ---  
 No ---

Don't Know ---  
 Don't Know ---  
 Don't Know ---  
 Don't Know ---  
 Don't Know ---

Thank You



## Post Test Questions

The following questions are designed to assess the students' knowledge about AIDS after you have completed the AIDS booklet. Please identify the most effective way to get the kids to respond to the questions.

- |    |   |         |        |                |
|----|---|---------|--------|----------------|
| 1. | Have you ever heard about AIDS?                         | Yes --- | No --- |                |
| 2. | What causes AIDS?                                       |         |        |                |
|    | a. Hugging  |         | ---    |                |
|    | b. Shaking Hands  |         | ---    |                |
|    | c. Playing Together                                     |         | ---    |                |
|    | d. A Virus  |         | ---    |                |
| 3. | Does the virus make you sick?                           | Yes --- | No --- | Don't Know --- |
| 4. | Is there a cure for AIDS?                               | Yes --- | No --- | Don't Know --- |
| 5. | Can a girl or boy die if AIDS attacks the body?         | Yes --- | No --- | Don't Know --- |
| 6. | Is AIDS spread by using drugs and having sex?           | Yes --- | No --- | Don't Know --- |
| 7. | Does AIDS make the body too weak to fight off diseases? | Yes --- | No --- | Don't Know --- |

## Thank You





